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QUARTERLY TAPE

Network Of Light-Immune System

Our immune and nervous systems are in constant communication. Research has demonstrated that they use the same cellular receptors. For this tape series, it is simpler to consider them separately. Although they can form connections as tight as nerve synapses, the immune system's specialized white blood cells are usually coursing through the bloodstream and lymphatic vessels. Bobbing in currents that throb to life's rhythm, their delicate, petal-like edges unfurl to "taste" the biochemical juices flowing in response to every mood and emotion. They constantly ask, "Does this taste of self or nonself?" *Immune System* will teach you to understand and nurture this vigilant guardian of your health and vitality. You will use deep, receptive relaxation as a "switch" to turn on your inner network of light.

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